GOVERNMENT OF INDIA
YOUTH AFFAIRS AND SPORTS
LOK SABHA

UNSTARRED QUESTION NO:1640
ANSWERED ON:28.11.2007
STUDY OF SPORTS SCIENCE IN TRAINING PROGRAMME
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Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

(a) whether study of Sports-science has been made compulsory in the training-programme of the sportspersons;

(b) if so, the details thereof ; and

(c) the action taken by the Government in this regard?

Answer

THE MINISTER OF PANCHAYATI RAJ, YOUTH AFFAIRS & SPORTS AND DEVELOPMENT OF NORTH EASTERN REGION (SHRI MANI SHANKAR AIYAR)

(a) & (b) Yes, Sir. Sports Sciences are an integral part of the training of sportspersons. Sports Authority of India (SAI) Centres at the National Institute of Sports (NIS), Patiala and Bangalore have well-established sports science facilities in Sports Medicine, Sports Psychology, Anthropometry , Bio/Mechanics, Exercise physiology and training methods which are managed by highly qualified and experienced teams of Sports Scientists. Besides, the latest fitness equipment and recovery methods facilities are also available at these centres. The scientific support to National Campers is an essential part of the system of preparation for international competitions.

(c) Yes, Sir. Scientific support is being provided to National Coaches in the form of scientific analyses of sportspersons and providing scientific inputs in sports training, especially in the fields of Sports Medicine, Sports Psychology, Sports Bio/Mechanics, Sports Physiology and methods of sports training to enhance the performance of athletes. In the two-year Master of Sports Science with Coaching Course, Research Project are compulsory along with the theoretical knowledge